

Channing Tatum Divorce Rumors Untrue



By Shannon Seibert

The world almost collapsed under the rumors of Channing Tatum and Jenna Dewan's divorce. Rumors could not be more false, rest assured. The couple could not be happier since their wedding in 2009. The *Step Up* stars have recently been seen glowing in each other's arms, according to UsMagazine.com.

How do you keep outside pressures from affecting your relationship?

Cupid's Advice:

It can be difficult not to listen to the opinions of your

loved ones since they mean so much to you, but this is your relationship. Your relationship is between you and your partner so therefore you should focus the energy between you and your partner alone. Check out these tips for handling external pressures that may be weighing on your relationship:

1. Filter what you hear: It's definitely important to listen to what people are saying about your relationship, because there is usually an underlying truth. But people are people and they tend to exaggerate the details of most stories and conjure some pretty extensive rumors. Don't let the words of others get a rise out of you when you know your partner probably better than most anyone else. Stay strong and listen to what is said, but only do what your heart says is right.

Related: [Beyoncé and Jay-Z Share Wedding Video On Tour](#)

2. Talk about it: Talking with your partner is key to a healthy relationship. Whether it's financial struggles, social issues, or any other problems, an open communication line is the best tool to have under your belt. By talking to your love about what is on your mind the both of you can work together to diminish the issues that may be surfacing. It's important to set boundaries and fully understand each other's opinions to come to a conclusion that you agree on. Together you'll emerge stronger than ever as a united front.

Related: [Benji Madden Says He's 'Lucky' to be Dating Cameron Diaz](#)

3. Don't stress over little messes: The more you talk about a problem, the bigger the problem gets. If you find yourself constantly bringing up a past issue it won't stay in the past. By making it relevant again you invite the stress back into your life. Also, by making a huge deal out of a little situation, such as not walking the dog two days in a row, you'll begin to pick fights with your partner. Destress by learning to sort the big pressures from the little ones, and

you'll find yourself in a stronger and happier relationship.

How have you handled pressurized situations? Share with us in the comments below!